



The Lindsay Leg Club Foundation: update

Leg Club Learning Zone

An exciting educational pack has been developed using work from the All Wales team and Industry Partners to produce an e-learning facility to support Leg Clubs around the world.

Education underpins the ethos of good health-care delivery, and Leg Clubs have worked hard to standardize the care delivered around the country by systems, guidelines and documentation used by each Leg Club Team. Following an initial training package each club is supported with any additional training necessary, and by monitoring and feeding back audit details supplied by individual Leg Clubs.

Owing to the current economic and political climate, staff turnover, large caseloads and decreasing numbers of professionals generally, there has been a dilution of skills and education. In response to this the Leg Club Foundation, who support and facilitate the model, examined ways to provide a solid educational base to support the nursing staff and help to streamline and ensure the provision of high quality care for Leg Club members.

In today's modern era learning has to be provided in a variety of forms to enable those at the coal face to enable access to whatever means are at their disposal. Trustees of the Leg Club Foundation now include Trudie Young, Lecturer in Tissue Viability at Bangor University, North Wales, and Deborah Glover, independent advisor and medical writer, who have a wealth of experience within health care and tissue viability. Further resources are members of the Leg Club Industry Partners (LCIP), those enlisted companies who support the Foundation providing sponsorship but also importantly their time. These companies provide essential support to the growth of the model and have worked very hard as a group to provide educational material that has been

collated to form an educational online package for Leg Club teams to access and work through. This programme was launched during the recent Wounds UK annual conference to a very positive audience of representatives from LCIP and Trustees.

A voucher is assigned to each site providing a password to access the online package for each Leg Club nurse. A workbook lays out the criteria in an easy to follow design, so that each student may work at their own speed to complete each of the 6 'Standards' or chapters of the pack. Reading material and PowerPoint presentations are provided, including resource links to best practice documents and national or international guidance, which enables the student to research each topic without having to search too far. Once completed there are practical competencies to meet, in conjunction with a named local facilitator to ensure that theory and practice are united.

Standards are entitled:

1. Understand and discuss the Leg Club Model
2. Describe the anatomy and physiology of the skin and the arterial and venous system
3. Explain the theory of moist wound healing and wound bed preparation
4. Explain the theory between the underlying pathology and leg ulceration
5. Examine the individual's limb and perform a holistic assessment of an individual with leg ulceration
6. Critically appraise the range of treatments and justify the selection of different therapies for individuals with leg ulceration.

Links to other sources of information provided by the industry partners will also be available. A competency document will follow shortly.

Leg Club Position Document

We are also delighted to announce the launch of the *Leg Club Position Document* which lays out the ideals of the Leg Club Model. It explains this form of working and delivering leg ulcer care in a social environment without the constraints of appointments and clinical settings. Although

the model is based outside the clinical environment, high standards of evidence-based assessment and care are paramount. The document has a forward by Baroness Masham of Ilton, Patron of the Leg Club Foundation, and sets out the framework of how to set up a Leg Club, and details the value and benefits of doing so.

Leg Club Philosophy

'...Leg clubs provide research-based holistic leg ulcer management by addressing both the social and medical aspects of patient need. Care is delivered in a social, non-medical environment that facilitates socialization and peer support, and empowers patients to participate in and take ownership of, their treatment.'

This comment from a recently opened club demonstrates how members and staff alike are so enthusiastic and how peer support also plays a role.

'I wanted to let you know how successful Leg Club is, we have over 70 patients and the number is rising weekly! The committee and staff are settling into their roles now and the club is taking shape, in fact we are so lucky to have such a dedicated team. The feedback from patients has been amazing and I am so proud to be a part of it.'

One of our members who we see on a weekly basis has had open surgical wounds to both shins. He returned today and one leg has healed completely in just 6 weeks! The other leg is catching up. Previously he was seen by community nurses and the practice nurse who have not had much success. We have also seen an incredible difference in the patient's demeanour, he was at the beginning a very sad chap, now a very smiley one! The club has definitely had an impact on how he feels about himself and his wounds. The whole Leg Club was jubilant today on seeing his wounds; it is such an amazing feeling to heal a wound isn't it?